



State of Arizona
Department of Education

Tom Horne
Superintendent of
Public Instruction

CN# 04-07

MEMORANDUM

To: School Health & Nutrition Program Sponsors

From: Mary Szafranski, Deputy Associate Superintendent
Arizona Department of Education, Health & Nutrition Services

Kacey Frey, Health Program Director
Arizona Department of Education, School Health & Nutrition Programs

Date: July 26, 2006

RE: Arizona Nutrition Standards (ANS) Clarification Regarding A La Carte Entrées

The purpose of this memo is to clarify the Arizona Nutrition Standards pertaining to the National School Lunch Program (NSLP) reimbursable meal entrées sold a la carte. Two sets of nutrition standards impact NSLP reimbursable meals; the federal United States Department of Agriculture (USDA) School Meal Initiative (SMI) nutrition standards and the state ANS which mandate NSLP meals cannot be deep fat fried as the final method of preparation.

As identified on page 5 of the ANS guide, for all entrées sold on campus during a normal school day *separate* from a reimbursable meal, the following ANS apply:

NSLP entrées sold a la carte:

- 35% or less of total calories from fat
- 10% or less of total calories from saturated and trans fatty acids (combined)
- No more than 35% total sugar by weight
- Must contain at least 1g of fiber
- Maximum 400 calories per serving for entrée items sold as a la carte
- Maximum 800mg of sodium for entrée items sold as a la carte
- Final preparation method cannot be deep-fat fried
- No deep-fat fried chips or crackers
- Portion size cannot exceed the served portion size of the NSLP reimbursable meal

Non-NSLP entrées sold a la carte:

- 35% or less of total calories from fat
- 10% or less of total calories from saturated and trans fatty acids (combined)

- No more than 35% total sugar by weight
- Must contain at least 1g of fiber
- Maximum 400 calories per serving for entrée items sold as a la carte
- Maximum 800mg of sodium for entrée items sold as a la carte
- Final preparation method cannot be deep-fat fried
- No deep-fat fried chips or crackers

According to the Arizona Revised Statute 15-242, the Arizona Department of Education (ADE) was to develop nutrition standards for foods and beverages sold or served on K-8 grade school grounds during the normal school day. The ANS cannot exceed federal USDA guidelines. Therefore, the ANS does not allow a la carte items to exceed 35% of total calories from fat and 10% of total calories from saturated fat.

During the ANS panel review in the fall of 2005, it was determined that items as a part of a NSLP menu will be allowed for a la carte sale and must individually meet the ANS. The justification for this decision was based on the fact that local educational agencies complete an SMI nutritional analysis of the entire menu over a one week period, not on a per item basis. Once these items are separated from the NSLP nutritionally balanced meal, they are considered an a la carte item and therefore must individually meet ANS. To view the complete panel recommendations, please visit www.ade.az.gov/health-safety/cnp/HB2544/Default.asp.

The Arizona Department of Education will be providing an additional ANS training September 13, 2006 at the Arizona Association of School Business Officials (AASBO) meeting. Please view the AASBO website for more information.

If you have questions or concerns regarding this memo, please contact your assigned School Health & Nutrition Program Specialist at 602-542-8700.